


# BURDEN BASKET\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 10 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Relieve stress to better focus on training.

 **In This Activity You Will...**

- Explain the concept of a burden basket (3 minutes).
- Facilitate a group activity to place burdens in the basket (7 minutes).

 **Materials:**

- Marbles, paper, or rocks for the burden basket (10-15 of each, so for each participant may have a choice of material)
- Pens and pencils
- Basket

 **Preparation:** None

## Instructions

1. Introduce the concept of the Burden Basket.

*Many times, especially during trainings or meetings, it may be hard to relax and really participate since we all have so many things on our minds. There are jobs to do, children to take care of, mouths to feed, and bills to pay.*

*But during this time, I hope that you can put those things aside. It is important to take time out for you- to clear your mind, renew your spirit, and energize your soul. I hope this training will help you do that.*

*At this time, I ask you to put aside all those things that are cluttering your mind. To help you do this we have a Burden Basket. This basket will hold all your burdens throughout the workshop.*

2. Explain the “Burden Basket.” Participants can “put their worries” (in the forms of pieces of paper, marbles, etc.) in the Burden Basket. This allows participants to fully participate by encouraging them to release their burdens. Distribute material (paper or rocks). Participants can write their worries on pieces of paper, or they can assign their worries to the rocks. If participants want to reclaim their worries at the end of the session, they need to put some sort of identifying mark (their initials, a symbol, etc.) on the piece of paper or rock.
3. Co-trainer should prepare the burden basket and items as trainer introduces the activity and assist participants with selecting and distributing the items in the basket.

*This Burden Basket allows you to release your worries- at least during the workshop. If you really want your worries back at the end of the workshop, you can have them.*

*To use the Burden Basket, think of a couple of your worries. You don't*

\* This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.

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*Once you have other people in the same situation, you realize you're not the only one.*

Carol Garcia  
Peer at Christie's Place  
San Diego, CA

*have to share them with anyone. Perhaps you have to bills to pay, laundry to do, job to find, etc. Whatever is weighing heavily on your mind right now, you can put those thoughts in the Burden Basket.*

*If using paper: Write two or three of your worries on a piece of paper. If you want your worries back, put some sort of symbol such as your initials, a number, or a design- on the piece of paper. That way you will be able to tell which worries are yours.*

*If using rocks: Take two or three marbles. Hold the marble in your hand while you think of your worry.*

4. Pass around the Burden Basket, while participants place their worries in the basket. Put the Burden Basket aside.

*Put your burdens in the basket. Now since your burdens are in this basket, we can enjoy this time together and learn about peer education.*

## Summary

Wrap up with key points:

- People learn better when they can concentrate and put other concerns aside and pay full attention to the training.
- It is important to recognize that we all have other responsibilities and concerns.

\* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.